

## **WHAT IS CLAIMED IS:**

1. A food for increasing the cognitive functional capacity containing a minimum of 100 mg of phosphatidyl serine, and with a minimum of 15 g of carbohydrates.
2. A food according to Claim 1 wherein the phosphatidyl serine is present in an amount of from 200 to 300 mg.
3. A method comprising consuming the food of Claim 1 to prevent and protect against attention deficit disorders and lack of concentration, to prevent and protect against impaired memory and learning disorders, to improve attentiveness and concentration, to improve memory and learning ability and/or to use in learning and training processes.
4. The food of Claim 1 which is a "functional food" product, for example, beverages, bread spreads, chocolate products, candy products, milk, dairy products, diet foods, and cereals.
5. A bar for increasing the cognitive functional capacity with a minimum of 100 mg of phosphatidyl serine, preferably 200 mg to 300 mg of phosphatidyl serine, and with a minimum of 15 g of carbohydrates.
6. The bar of Claim 5 with a weight of at least 20 g, preferably 35 g.
7. A bar for increasing the cognitive functional capacity with a minimum of 40 wt% carbohydrates, preferably 57 wt% carbohydrates, and with a minimum of 1 wt%, preferably 1.4 wt% lecithin extract containing phosphatidyl serine.
8. The bar of Claim 5 with a minimum of 10 wt% protein, preferably 16 wt% protein.
9. The bar of Claim 5 which is enriched with vitamins and which has a chocolate coating.
10. The bar of Claim 5 with a minimum of 15 wt% fat, preferably 27 wt% fat.
11. The bar of Claim 5 with a water content of less than 3%.
12. The bar of Claim 5 to prevent and protect against attention deficit disorders and lack of concentration, to prevent and protect against impaired memory and learning disorders, to improve attentiveness and concentration, to improve memory and learning ability and/or to use in learning and training processes.
13. The bar of Claim 5 which is a "functional food" product.